

Sat, 03.08.2024

Culinary	07:30 - 11:00 <b>Sweet temptation</b> We welcome you this morning to the special breakfast sweet temptation!	13:00 - 16:00 <b>Vitality Buffet with Live Show Cooking</b> with Live-Show Cooking	19:00 - 20:30 <b>Gourmet dinner with Mediterranean antipasti buffet</b> A typical Italian antipasti buffet!	22:00 - 22:30 <b>Wine sales</b> At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "social winery in Südtirol".
Event region	08:00 - 13:00 <b>Weekly market in Naturno</b> at the main square of Naturno  18:00 <b>Summer party of the rifle company</b> with dance music, food and drink on the fairground in Rabland.	08:00 - 12:00 <b>Farmer's market in Naturno</b> Fresh products from local farms. At the Piazza Burgraviato.	10:00 - 20:00 <b>Marble &amp; Apricots</b> This popular event takes place in the village centre of Lasa/Laas: market stalls, exhibitions, music and apricot specialities.	10:00 <b>Countryfest in Prad</b> at Stilfserjoch. Country music, Wild West food, pony rides, tomahawk throwing, carriage rides and many other highlights await you!
Biking	10:00 - 15:00 <b>E-Mountainbike tour of the Marlinger Berg</b> Km: about 42km Mm: about 1200m Costs: 25€ Registration at the reception.			
Wellness & SPA	16:00 <b>Relax - Aufguss</b> Aufguss in the show sauna on the 3rd floor with 85°C.	17:00 <b>Classic - Aufguss</b> Aufguss in the show sauna on the 3rd floor at 85°C.	17:30 <b>Flower Power Scrub</b> Scrub in the steam sauna on the ground floor at 45°C.	18:00 <b>Diego's destiny</b> Show Aufguss in the show sauna on the 3rd floor at 85°C.

Sun, 04.08.2024

Event hotel	<p>10:05  <b>DolceVita-Experience</b>  <b>Excursion to the award-winning gardens of Trauttmansdorff Castle</b>  Meeting point: Reception  Price: €30 shuttle + €16 entrance fee (+65 years €14)  Registration at the reception</p> <p>21:00 - 23:00  <b>Live music with Birgit &amp; Friends</b>  at the hotel bar</p>			
Culinary	<p>07:30 - 16:00  <b>Exclusive Sunday brunch</b>  We welcome you this morning for an exclusive Sunday brunch!</p> <p>19:00 - 20:30  <b>Fine Dining Gala Dinner</b></p> <p>22:00 - 22:30  <b>Wine sales: "organic wines by Alois Lageder"</b>  At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "organic wines by Alois Lageder".</p>			
Event region	<p>10:00  <b>Village Festival in Cirlano</b>  with Live music and local dishes at the center of Cirlano.</p> <p>10:00 - 20:00  <b>Marble &amp; Apricots</b>  This popular event takes place in the village centre of Lasa/Laas: market stalls, exhibitions, music and apricot specialities.</p> <p>12:30  <b>Apple ring festival</b>  Free tasting and live music.  Meeting point: Madriccio Hut.</p> <p>16:00 - 19:00  <b>Horserace</b>  at the Merano racecourse.  Gates and ticket offices open at 14.30 pm  Guided tour at 15:00  First race at 16:00  Admission: € 8.00  14,00 € (admission + guided tour)</p>			
Wellness & SPA	<p>16:00  <b>Herbal Scrub</b>  Scrub in the steam sauna on the ground floor at 45°C.</p> <p>17:00  <b>Classic - Aufguss</b>  Aufguss in the show sauna on the 3rd floor at 85°C.</p> <p>18:00  <b>Sherlock Holmes</b>  Show Aufguss in the show sauna at 85° on the 3rd floor.</p>			
Fitness	<p>10:00 - 10:45  <b>Postural Gym</b>  Meeting point: Fitness Meeting Point, in front of the fitness room</p> <p>13:00 - 13:45  <b>Sound Healing</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>			

Mon, 05.08.2024

Culinary	<p>07:30 - 11:00 <b>Exotic fruit parade</b> The fresh, fruity start to the day</p>	<p>13:00 - 16:00 <b>Vitality Buffet with Live Show Cooking</b> with Live-Show Cooking</p>	<p>19:00 - 20:30 <b>Gourmet dinner</b></p>	<p>22:00 - 22:30 <b>Wine sales</b> At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "history of Gewürztraminer".</p>
Hiking	<p>10:00 <b>Circular hike near San Martino in Monte</b> with our tourguide Philipp Walking time: 2,3 hours Height difference: 325 m Costs: €14 per person for the cable car (ascent and descent) Registration at the reception!</p>			
Event region	<p>10:00 <b>Hiking- and Bikeshuttle Naturno - parking lot Kreuzbrünnl (Outward Journey)</b> Registration at the reception. Costs per ride: 12€ without bike / 16€ with bike Meeting point: 10:00 a.m. parking lot in the center of naturno</p> <p>20:00 - 23:00 <b>Tyrolean Sunset</b> Shops open until 10 pm and music along the streets in the village center of Dorf Tirol.</p>	<p>16:00 <b>Shuttle parking lot Kreuzbrünnl - Naturno (return journey)</b> Registration at the reception! Costs: 12€ without bike / 16€ with bike Meeting point: 04:00 p.m. parking lot Kreuzbrünnl/Nörderberg mountain</p>	<p>16:20 <b>Bikeshuttle S. Martino/Val Passiria - Naturno</b> Costs: 22,00€ per person Registration at the reception. Meeting point: at 16:20 p.m. Tennis Camp San Martino val Passiria</p>	<p>16:30 <b>Bikeshuttle from the Lake Caldaro to Naturno</b> Costs: 22,00 € Registration at the reception. Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro</p>
Biking	<p>09:30 - 16:00 <b>E-Mountainbike Tour to the Marble Quarries of Covelano - Holy Hansen Trail</b> km: ca. 40 Altitude difference: ca. 1.600 Cost: 25€ + 15€ Bikeshuttle Registration at the reception!</p>	<p>10:00 - 14:00 <b>Technique Training Basic Course</b> Km: about 15km Hm: about 200m costs: 25,00 € Registration at the reception.</p>	<p>10:00 - 14:00 <b>Pleasure Bike Tour: All castles and palaces and off to the vegetable garden</b> km: approx. 33km hm: approx. 80m Costs: €10,00 Registration at the reception</p>	<p>15:00 - 17:00 <b>Open Monday afternoon at the technique training area</b> with bike informations about tours and the weekly programm No registration needed!</p>
Wellness & SPA	<p>14:00 <b>"SEMI-PERMANENT COSMETICS" info meeting</b> Meeting place: Library Registration until 12 noon at the spa reception</p>	<p>17:00 <b>Classic - Aufguss</b> Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:30 <b>Cacao Scrub</b> Scrub in the steam sauna on the ground floor at 45°C.</p>	<p>18:00 <b>Let's Rock</b> Show Aufguss in the show sauna on the 3rd floor at 85°C.</p>
Fitness	<p>08:00 - 08:45 <b>Full Body Workout</b> Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:00 - 15:30 <b>BodyBalance</b> Meeting point: Fitness Meeting Point, in front of the fitness room</p>	<p>09:00 - 11:00 <b>Active counter</b> Advice from our fitness coaches at the reception</p> <p>15:45 - 16:30 <b>Sixpack training</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 13:00 <b>Nordic Walking</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:45 - 14:45 <b>Gentle Stretching</b> Meeting point: Fitness Meeting Point, in front of the gym</p>

Tue, 06.08.2024

Event hotel	<p>18:00 - 19:00 <b>Cocktail Happy Hour</b> "2 for 1" for selected cocktails at the hotel bar</p>	<p>21:00 - 23:00 <b>Live music with Charly one man band</b> at the bar</p>		
Culinary	<p>07:30 - 11:00 <b>Bella Italia</b> The Italian Breakfast</p>	<p>13:00 - 16:00 <b>Vitality Buffet with Live Show Cooking</b> with Live-Show Cooking</p>	<p>19:00 - 20:30 <b>South Tyrol Love Dinner</b> with local dishes</p>	<p>22:00 - 22:30 <b>Wine sales</b> At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "the clima in Südtirol".</p>
Hiking	<p>10:00 <b>The glacier nature trail in Martelltal</b> with our hiking guide Reinald Walking time: 4 hours (return to the hotel around 16:00) Altitude metres: 500 m Registration at the reception!</p>			
Event region	<p>09:00 <b>Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen</b> Costs: to Glorenza 17,00€ / to Curon 22,00€ Meeting point: at 9:00 a.m. at the underground car park exit Registration at the reception.</p>	<p>10:00 <b>Shuttle Naturno - Schartegg/Monte Tramontana (outward journey)</b> Registration at the reception. Costs: 12€ per person per ride (without bike) / 16€ per person per ride (with bike) Meeting point: parking lot center in Naturno</p>	<p>16:00 <b>Bikeshuttle Schartegg/Monte Tramontana - Naturno (Return Journey)</b> Registration at the reception! Costs: 12€ without bike / 16€ with bike Meeting point: parking lot Schartegg</p>	
Biking	<p>09:00 - 12:30 <b>Road Bike Tour - Highlight Vinschgau</b> Km: about 57km Hm: about 450m Costs: 25,00 € Registration at the reception.</p>	<p>09:15 <b>DolceVita e-bike pleasure tour in the Venosta Valley</b> Meeting point: 09.15 a.m. at the garage exit KM: approx. 44 - Meters in altitude: approx. 430. Costs: 27€ (E-bike hire and individual drinks and food not included). Please reserve your e-bike at reception well in advance. Registration at the reception.</p>	<p>10:00 - 14:00 <b>Advanced Mountainbike Technique Training Course</b> Km: about 20km Hm: about 300m Costs: 25€ Registration at the reception!</p>	<p>10:00 - 15:00 <b>E-bike tour to the Marzon alpine hut</b> km: ca. 34 Altitude difference: ca. 1100 Cost: 25€ Registration at the reception, the day before since 21:45!</p>
Wellness & SPA	<p>11:00 <b>Know more about Ayurveda</b> Including Pada Abhyanga, an Ayurvedic foot massage. Meeting point: PreidSpa reception Duration: 15 minutes - Free of charge Limited availability! Registration at the spa reception until 10.00 a.m.</p> <p>18:00 <b>Japan</b> Show Aufguss in the show sauna at 85° on the 3rd floor.</p>	<p>15:00 <b>Mini Hamam</b> In the steam sauna on the first floor at 45° C. Registration on tuesday from 9am to 1pm at the entrance of the sauna tower.</p>	<p>16:00 <b>Classic - Aufguss</b> Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:00 <b>Relax Ritual</b> Aufguss in the show sauna on the 3rd floor with 85°C.</p>
Fitness	<p>09:00 - 11:00 <b>Active counter</b> Advice from our fitness coaches at the reception</p> <p>14:30 - 15:30 <b>LatinoFit</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 12:00 <b>AquaGym</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>12:45 - 13:15 <b>Mobility Snack</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:30 - 14:15 <b>FUNctional Circuit</b> Meeting point: Fitness Meeting Point, in front of the gym</p>

Wed, 07.08.2024

Event hotel	<p>19:00  <b>Art exhibition of the Pircher woodcarving workshop from Rablá</b>  in front of the restaurant entrance.</p>			
Culinary	<p>07:30 - 11:00  <b>Sparkling wine &amp; fine salmon</b>  The breakfast for gourmets</p>	<p>13:00 - 16:00  <b>Vitality Buffet with Live Show Cooking</b>  with Live-Show Cooking</p>	<p>19:00 - 20:30  <b>Gourmet dinner</b></p>	
Event region	<p>09:00  <b>Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen</b>  Costs: to Glorenza 17,00€ / to Curon 22,00€  Meeting point: at 9:00 a.m. at the underground car park exit  Registration at the reception.</p>	<p>09:30  <b>Shuttle Naturno - Val Di Fosse (Outward Journey)</b>  Registration at the reception, the day before until 21:45!  Cost: 12,00 € per person  Meeting point: parking in the centre of Naturno</p>	<p>10:00  <b>Hiking- and Bikeshuttle Naturno - parking lot Kreuzbrünnl (Outward Journey)</b>  Registration at the reception.  Costs per ride: 12€ without bike / 16€ with bike  Meeting point: 10:00 a.m. parking lot in the center of naturno</p>	<p>16:00  <b>Shuttle parking lot Kreuzbrünnl - Naturno (return journey)</b>  Registration at the reception!  Costs: 12€ without bike / 16€ with bike  Meeting point: 04:00 p.m. parking lot Kreuzbrünnl/Nörderberg mountain</p>
Event region	<p>16:00  <b>Shuttle Val Di Fosse - Naturno (Return Journey)</b>  Registration at the reception, the day before until 21:45!  Cost: 12,00 Euro per person  Meeting point: parking Vorderkaser</p>	<p>16:30  <b>Bikeshuttle from the Lake Caldaro to Naturno</b>  Costs: 22,00 €  Registration at the reception.  Meeting point: 4:30 p.m. Bus Parking/St. Josef - Lake Caldaro</p>	<p>18:00  <b>Festivity on the fairground of Marling</b>  on the fairground with musical entertainment and South Tyrolean specialities.</p>	<p>20:00  <b>Beat on the Street</b>  Open-air live music evening with Big Band Mals on the Burggraviato square in the centre of Naturno.  Free admission</p>
Biking	<p>09:30 - 16:00  <b>E-Mountainbike Panorama Trailtour Monte Zoccolo</b>  km: 38  Altitude difference: 1000  Cost: 25€ + 15€ Bikeshuttle  Registration at the reception</p>	<p>09:30 - 16:00  <b>Panoramic Trailtour on the Monte Zoccolo</b>  km: 34  Altitude difference: 1100  Cost: 25€ + 15€ Bikeshuttle  Registration at the reception</p>	<p>10:00 - 14:00  <b>Technique Training Basic Course</b>  Km: about 15km  Hm: about 200m  costs: 25,00 €  Registration at the reception.</p>	
Wellness & SPA	<p>16:00  <b>Classic - Aufguss</b>  Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:00  <b>Relax - Aufguss</b>  Aufguss in the show sauna on the 3rd floor with 85°C.</p>	<p>17:30  <b>Tea Experience</b>  Scrub in the steam sauna on the ground floor with 45°C.</p>	<p>18:00  <b>4 Elements</b>  Show Aufguss in the show sauna on the 3rd floor at 85°C.</p>
Fitness	<p>09:00 - 11:00  <b>Active counter</b>  Advice from our fitness coaches at the reception</p>	<p>11:15 - 12:00  <b>AquaGym</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:30 - 14:15  <b>TRX Workout</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>14:30 - 15:15  <b>Fascia Release</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>
Fitness	<p>14:30 - 15:30  <b>Barre au sol</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>15:30 - 16:30  <b>Full Body Workout</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>		

Thu, 08.08.2024

Event hotel	<p>21:00 - 23:00  <b>Dance Night with Josef</b>  at the hotel bar with our dance instructor Josef</p>			
Culinary	<p>07:30 - 11:00  <b>Breakfast Fit &amp; healthy</b>  The vitality breakfast</p>	<p>13:00 - 16:00  <b>Vitality Buffet with Live Show Cooking</b>  with Live-Show Cooking</p>	<p>19:00 - 20:30  <b>Sweet sins &amp; seduction</b>  Olala! Dessert buffet de Luxe</p>	<p>22:00 - 22:30  <b>Wine sales</b>  At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: "Falkenstein winery".</p>
Hiking	<p>10:00  <b>Hiking along the larch path in the Val Martello</b>  with our tourguide Michl  Walking time: 3 hours  Height difference: 400 m  Inscription at the reception!</p>			
Event region	<p>08:00 - 12:30  <b>Weekly market in Silandro</b>  Traditional weekly market in the village centre of Silandro with regional products, clothing, fruit, vegetables, etc.</p>	<p>09:00  <b>Bikeshuttle from Naturno to Glorenza or Curon, Lake Reschen</b>  Costs: to Glorenza 17,00€ / to Curon 22,00€  Meeting point: at 9:00 a.m. at the underground car park exit  Registration at the reception.</p>	<p>19:00 - 23:00  <b>Long shopping evening in Lana</b>  in the pedestrian zone, shopping becomes a very special experience. For a break in between, the cosy cafés and restaurants invite you to linger.</p>	<p>20:00  <b>Summer concert with the group '4SIGN'</b>  at Kastelbell Castle.</p>
Biking	<p>09:00 - 13:00  <b>Road Bike Tour - Highlight Merano and surroundings</b>  Km: about 65km  Hm: about 500m  Costs: 25,00 €  Registration at the reception.</p>	<p>10:00 - 14:00  <b>E-Mountainbike Technical training for advanced</b>  Km: about 25km  Hm: about 600m  Costs: 25€  Registration at the reception!</p>	<p>10:00 - 15:00  <b>Pleasure e-bike tour around Merano - "The castles and viewpoints of the spa town"</b>  Km: ca. 46km  Hm: ca. 550m  Costs: 10€  Registration at the reception.</p>	
Wellness & SPA	<p>16:00  <b>Classic - Aufguss</b>  Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:00  <b>Relax - Aufguss</b>  Aufguss in the show sauna on the 3rd floor with 85°C.</p>	<p>17:30  <b>Cucumber &amp; Mint Scrub</b>  Scrub in the steam sauna on the ground floor at 45°C.</p>	<p>18:00  <b>Back to the Roots</b>  in the show sauna at 85° on the 3rd floor.</p>
Fitness	<p>09:00 - 11:00  <b>Active counter</b>  Advice from our fitness coaches at the reception</p> <p>14:00 - 15:00  <b>LatinoFit</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>11:15 - 12:00  <b>AquaGym</b>  Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:00 - 15:30  <b>Sixpack training</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>12:45 - 13:30  <b>Gentle Stretching</b>  Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:15 - 16:15  <b>Healthy Back</b>  Meeting Point: Fitness Meeting Point, in front of the gym</p>	<p>13:45 - 14:45  <b>FUNctional Circuit</b>  Meeting point: Fitness Meeting Point, in front of the gym</p>

Fri, 09.08.2024

Culinary	<p>07:30 - 11:00 <b>South Tyrolean &amp; regional</b> The South Tyrolean breakfast</p>	<p>13:00 - 16:00 <b>Vitality Buffet with Live Show Cooking</b> with Live-Show Cooking</p>	<p>19:00 - 20:30 <b>Gourmet dinner</b></p>	<p>22:00 - 22:30 <b>Wine sales</b> At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! At the wine sale in our rock cellar behind the reception, our Sommelier Francesco will be happy to advise you! Topic of the day: the origins of Vernatsch".</p>
Hiking	<p>05:00 <b>Sunrise-Tour: the Merano High Mountain Trail in the Texelgruppe Nature Park</b> with hiking guide Reinald Altitude difference: 180 Pure walking time: 1.30 h Registration at the reception!</p>			
Event region	<p>08:00 - 13:00 <b>Weekly market in Merano</b> At the Prader square, next to the train station of Merano.</p> <p>20:00 - 23:00 <b>Shopping evenings in Schlanders</b> in the pedestrian zone. Shops open until 22:00, culinary highlights and cocktails.</p>	<p>10:00 <b>Hiking- and Bikes Shuttle Naturno - parking lot Kreuzbrünnl (Outward Journey)</b> Registration at the reception. Costs per ride: 12€ without bike / 16€ with bike Meeting point: 10:00 a.m. parking lot in the center of naturno</p> <p>20:00 <b>Folk and Blues summer concert</b> at Goldrain Castle.</p>	<p>16:00 <b>Bikes Shuttle from Merano to Naturno</b> Meeting point: 4 p.m. at the bus parking lot, Piazza Terme Merano, Via Piave Costs: €12 Registration at the reception.</p>	<p>16:00 <b>Shuttle parking lot Kreuzbrünnl - Naturno (return journey)</b> Registration at the reception! Costs: 12€ without bike / 16€ with bike Meeting point: 04:00 p.m. parking lot Kreuzbrünnl/Nörderberg mountain</p>
Biking	<p>09:30 - 15:00 <b>Mountainbike Panoramic Trailtour on the Naturno Mountain</b> km: ca. 38 Altitude difference: ca. 800 Cost: 25€ + 14€ Bikes Shuttle Registration at the reception, the day before since 21:45!</p>	<p>10:00 - 15:00 <b>E-Mountainbike Panoramic Tour to the Bikehighline of Merano</b> km: approx. 39 Altitude: approx. 900 Cost: 25€, + 14€ Bikes Shuttle Registration at the reception</p>		
Wellness & SPA	<p>16:00 <b>Relax - Aufguss</b> Aufguss in the show sauna on the 3rd floor with 85°C.</p> <p>22:00 <b>Sandmann</b> Aufguss in the show sauna on the 3rd floor with 85° C.</p>	<p>17:00 <b>Classic - Aufguss</b> Aufguss in the show sauna on the 3rd floor at 85°C.</p>	<p>17:30 <b>Citrus Scrub</b> Scrub in the steam sauna on the ground floor with 45°C.</p>	<p>18:00 <b>Tiroler</b> Show Aufguss in the show sauna at 85° on the 3rd floor.</p>
Fitness	<p>08:00 - 08:45 <b>Gentle Stretching</b> Meeting point: Fitness Meeting Point, in front of the gym</p> <p>15:00 - 16:00 <b>FUNCTIONAL Circuit</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>09:00 - 11:00 <b>Active counter</b> Advice from our fitness coaches at the reception</p> <p>16:15 - 16:45 <b>BodyBalance</b> Meeting point: Fitness Meeting Point, in front of the fitness room</p>	<p>11:15 - 13:00 <b>Nordic Walking</b> Meeting point: Fitness Meeting Point, in front of the gym</p>	<p>13:45 - 14:45 <b>Fascia Release</b> Meeting point: Fitness Meeting Point, in front of the gym</p>